WHO WILL TOP THE DAYTIME TV TALK?

KATIE COURIC IS JUST ONE OF THE FAMILIAR FACES ENTERING THE TALK SHOW FRAY TODAY PAGE 16

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FIGHT TO THE FINISH

Saskatchewan's backup quarterback Drew Willy scrambles for yards against Winnipeg Blue Bombers' Jason Vega, left, and Henoc Muamba during the second half of the Banjo Bowl in Winnipeg on Sunday. The Bombers lost 25-24 when the Roughriders kicked a winning field goal in the final seconds. For more Banjo Bowl coverage, see pages 4 and 24. JOHN WOODS/THE CANADIAN PRESS

Who runs Winnipeg?

Metro columnist Colin Fast thinks too much power is in the hands of the CAO PAGE 13

From rugrats to bookworms

Try these eight unique strategies to get your kids into reading PAGE 19

Party's over: Prince Harry returns to duty

The fun-loving prince is now back in Afghanistan for his second tour PAGE 9

What does your freedom look like?
Turn to page 7.

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Saturday morning blaze ravages businesses, home

Demolished. Fire began at rear of one building and spread to the surrounding businesses, police say

ELISHA DACEY & BERNICE PONTANILLA
winnipeg@metronews.ca

Four local businesses and a home were destroyed in a massive fire early Saturday morning on Notre Dame Avenue — a fire that caused $1 million in damages and has the Arson Strike Force investigating.

Miranda Foods, Miranda Video, Yetsege Injera and Winnipeg Lock and Key were all affected by the huge fire, which prompted the demolition of the buildings on Saturday for safety reasons.

Winnipeg police said their officers and firefighters arrived at the West End site just before 3 a.m. Strong winds overnight made it difficult to put out the blaze.

Local photographer Howard Wong was on the scene and said the smoke was thick enough to blanket the area and called the plumes "huge."

At one point the fire broke through the roof of Miranda Video, said Wong, prompting firefighters to attack the flames from three sides.

"I think the fire actually touched the firefighters in the ladder basket," said Wong. "They fought this fire for hours."

No one in the home was injured in the blaze.

Police said the fire began at the rear of the building, which contained one of the businesses and the home, and spread to the other businesses.

Police closed several streets, however westbound Notre Dame Avenue from Balmoral to Langside streets was re-opened Saturday afternoon.

Spence Street between Cumberland and Notre Dame avenues remained closed as of Sunday morning.

Police are asking anyone with information to call 204-986-6813.

A view of the aftermath of the fire that destroyed four West End businesses and a home. The buildings were later demolished due to safety concerns. SHANNON VANRAES/FOR METRO

Winnipeggers paddle for a good cause

More than 115 teams took part in the inaugural FMG Dragon Boat Festival over the weekend, raising money for both the CancerCare Manitoba Foundation and the Children's Hospital Foundation of Manitoba. SHANE GIBSON/METRO

Hundreds of Winnipeggers rocked the boat in Transcona this past weekend to help Manitoba kids living with cancer.

Teams of 20-25 people rowed to the beat of their own drums in the first FMG Dragon Boat Festival at the Lake Shirley Water Ski Park, which ran from Friday to Sunday.

The event raised money for both CancerCare Manitoba Foundation and the Children's Hospital Foundation of Manitoba.

"The money goes toward cancer treatment for children," explained Lawrence Prout, president of the Children's Hospital Foundation, Sunday. "It's so important, of course, because children with that type of illness need as much help as they can get."

Quoted

"It's so important ... children with that type of illness need as much help as they can get."

Lawrence Prout, president of the Children's Hospital Foundation

The event saw more than 115 teams compete in several different categories.

The festival was as much fun out of the water as it was in with live entertainment, food, kids activities and vendors set up around the lake.

Money raised through donations will stay in the province and will be used by the partnering foundations to fund clinical research and provide care for the children with cancer.

Final calculations on how much was raised at the festival weren't available by press time Sunday, but you can still add to the total until Sept. 24 by making a donation at cancercarefdn.mb.ca.

SHANE GIBSON/METRO

Mobile news

Ever wonder what the Royal Family would look like as the undead? Canadian 'Zombie Illustrator' Rob Sacchetto has. Scan the code to view the artist's ghoulish gallery.

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Banjo Bowl brings out the fun-loving fans

Fans of the Winnipeg Blue Bombers and Saskatchewan Roughriders descended on Canad Inns Stadium on Sunday for the Banjo Bowl, with many going all out for their teams.

SHANE GIBSON
shane.gibson@metronews.ca

1 Blue and gold. Bomber fans show their true colours

Winnipeg Blue Bomber fans get into the spirit of the match.

2 On the fence. Go teams go!

Erwin Denischuk from Swan River was split right down the middle on which team he was supporting, so he wore both team's jerseys at the same time.

3 In the green. Roughriders supporters carry a tune

These Saskatchewan Roughrider fans weren't afraid to show off their Green and some fine looking banjos.

4 Unnecessary roughness. Blue Bomber flagged for hit

Winnipeg's Kenny Mainor disputes his roughing-the-passer penalty against the Riders during the second half of the game. JOHN WOODS/THE CANADIAN PRESS

5 Sunday best. Dressed to the nines for the big game

A Bombers fan proudly shows off her Sunday best before the start of the Banjo Bowl.

6 Friendly rivalry. Both sides play nice during festivities

Bomber fans and Rider fans coexist somewhat peacefully in the stadium's parking lot before the big game.

Branding the province.
Premier travels to China to help increase exports

Growing Manitoba's exports to China is the goal of a 10-day trade mission by Premier Greg Selinger, Lt. Gov. Philip Lee and Manitoba business leaders.

The group, which left Sunday, will make stops in Beijing, Shanghai, Hong Kong and at the World Economic Forum in Tianjin.

"Manitoba's exports to China have grown elevenfold in the last decade, from $79 million a decade ago to nearly a billion dollars today," said Selinger in a press release.

"China's importance as a trading partner becomes even more significant as we keep building and moving our economy through these uncertain times. For Manitoba businesses, this relationship means more opportunities and, for everyday Manitobans, it means even better job opportunities."

China is now Manitoba's second-largest trading partner. According to the provincial government, in 2011, the total trade was $1.8 billion.

METRO

Robbery gone wrong

Man arrested for bear-spray heist

An arrest has been made in a June commercial robbery case where the victim was assaulted and hit with bear spray, Winnipeg police said.

David Paul Murdock, 19, of Winnipeg, has been charged with a long list of criminal acts.

METRO

She's a cop

Flasher chooses wrong victim

Winnipeg police have arrested a man who allegedly exposed himself to an on-duty police officer in civilian clothes.

The man allegedly exposed himself and then conducted an indecent act. The female officer was not injured in the incident. METRO

Katz stresses importance of infrastructure renewal

Chief Keith McCaskill of the Winnipeg Police Service, left, Coun. Paula Havixbeck, Coun. Scott Fielding and Mayor Sam Katz at the site of the new South District Police Station. BERNICE PONTANILLA/METRO

New police station.
Mayor also points out that private-public partnerships are vital for keeping up the city's essential services

Mayor Sam Katz extolled the virtues of public-private partnerships and urged Winnipeggers to lobby the different levels of government for more infrastructure spending at the construction site of Winnipeg's newest police station.

"This sod-turning represents real achievement for the city of Winnipeg," Katz said on Friday during a groundbreaking ceremony for the new South District Police Station, at 2321 Grant Ave.

"Our police and fire-paramedic facilities are undergoing an intense period of infrastructure renewal, the likes of which we haven't seen in decades."

Katz said the $18-million building will replace the District 2 and District 6 stations.

"Both of those stations were built in the 1950s. Just to put that in something you can relate to, I was built in the 1950s," Katz said, adding that this new building will help police do their jobs better.

The 33,000-square-foot, one-storey South District Police Station is a public-private partnership, also known as a P3, between the City of Winnipeg and Shelter Canadian Properties Limited (SCPL), which was awarded the contract in 2011 to build, finance and maintain the new facility.

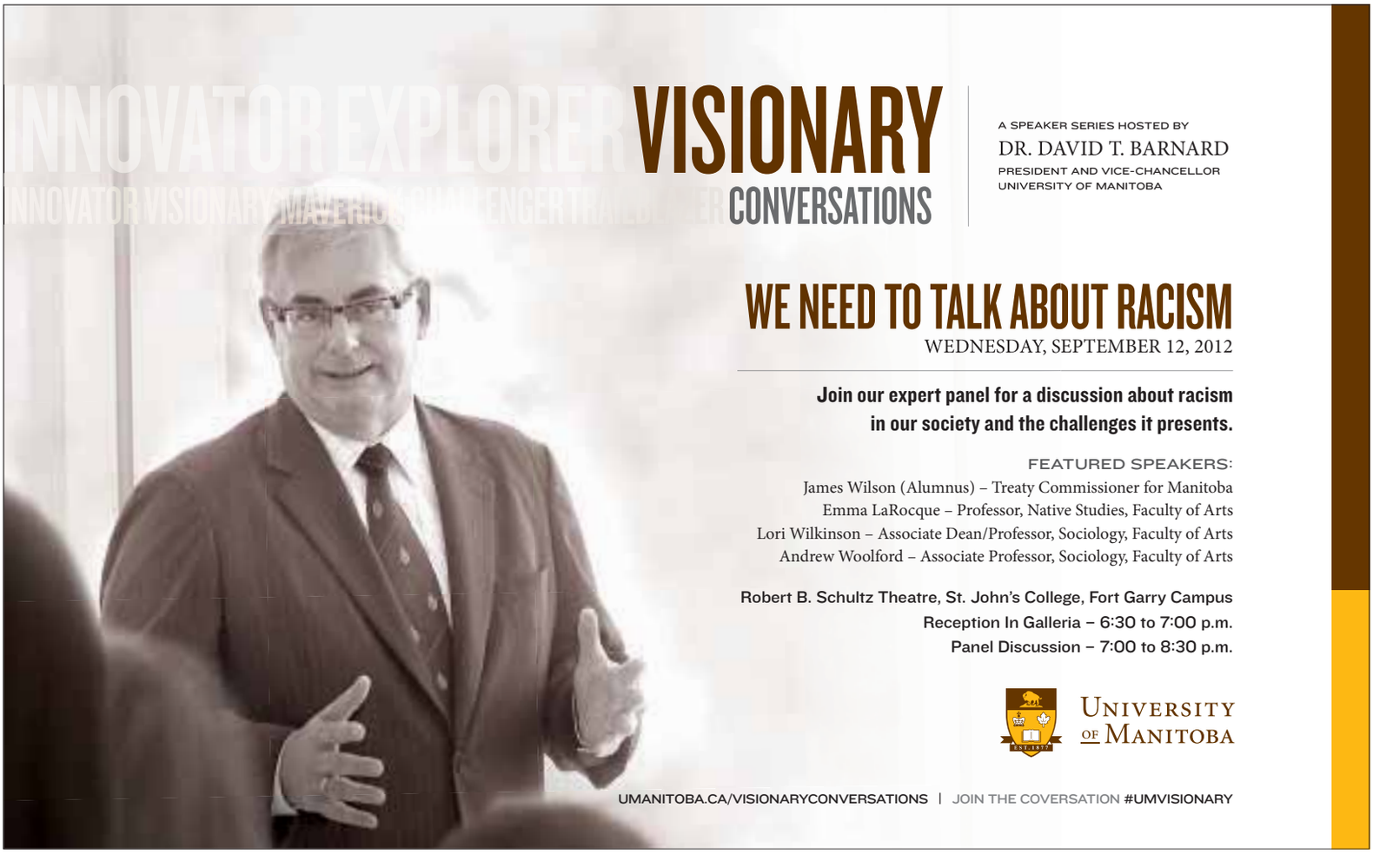
The agreement sees the city leasing the land to SCPL, which will then sublease the land and the building to the city for a 30-year term with two 10-year options to renew.

METRO

Quoted

"This sod-turning represents a real achievement for the city of Winnipeg."

Mayor Sam Katz
On how important new infrastructure is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Current Lord Selkirk gets key to city to mark settlers' arrival

Bicentennial. Red River Valley 'represented hope,' Mayor Katz says

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Mayor Sam Katz gives the key to the city to James Alexander Douglas-Hamilton, Lord Selkirk of Douglas. BERNICE PONTANILLA/METRO

He shares his title with street names, schools, districts and a Manitoba town, so it was only fitting for Mayor Sam Katz to provide the key to the city to the current Lord Selkirk.

"It seems entirely appropriate to present the key to the city to a person whose heritage is so closely linked to our city's history," said Katz during the city hall ceremony Friday morning. "Lord Selkirk, we are delighted that you've come to Winnipeg and are visiting historic landmarks and meeting so many people."

The current Lord Selkirk of Douglas is James Alexander Douglas-Hamilton, who is in town from Scotland for the bicentennial celebrations marking the arrival of the Selkirk settlers to the Red River Valley.

Douglas-Hamilton says from what he's seen of Winnipeg, he believes it has become one of the great cities of North America.

"And I could not help feeling proud that the Selkirk settlers played a part as the first permanent settlement in helping to secure its sure and steadfast success," he said.

"It's very exciting being in the centre of a vibrant city."

The Selkirk settlers first arrived at York Factory in September 1811, settling into the area at the fork of the Red and Assiniboine rivers the following year.

"They came because Thomas Douglas, the fifth Earl of Selkirk, wanted to help them start a new life in a new land," said Katz. "For Scottish families displaced from their tenant farms, the Red River Valley represented hope. The Selkirk settlers were the first to establish permanent residence along the banks of the Red River."

However, the start was a difficult one and had it not been for the aboriginal leader Chief Peguis, the settlers may not have survived.

Douglas-Hamilton, who is Thomas Douglas's cousin and inherited the title, says he is proud of Thomas because he was "an idealist and a philanthropist."

"He was totally committed to the settlers' cause. Very sadly, he died at the age of 48 of tuberculosis," Douglas-Hamilton said. "But he struck up a great friendship with Chief Peguis."

Douglas-Hamilton lauded Chief Peguis, saying the Salteaux leader was an "enlightened, forward-looking and really a great man who helped secure the safety of the first settlers."

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Sinclair inquiry grinds to halt over disclosure of witness interviews

Manitoba's Court of Appeal has halted an inquiry into the death of a five-year-old girl so that it can hear arguments over whether witness interviews should be fully disclosed.

The inquiry into the death of Phoenix Sinclair has been examining how the girl fell through the cracks of the province's child-welfare system. She was beaten to death in 2005 by her mother and mother's boyfriend, months after child-welfare workers removed her from a foster home and gave her back to her family.

Several child-welfare authorities are fighting a decision by inquiry commissioner Ted Hughes to give them only summaries of the commission's pre-inquiry interviews with the 140 or so witnesses who are to testify. They asked the Court of Appeal to grant them the full transcripts, and on Friday, the court agreed to hear the case.

"In my view, the applicants have raised an issue which is one of importance," Justice Marc Monnin wrote.

"The transcripts appear to be documents of a similar nature to those this court has found to be subject to (mandatory) disclosure under principles of procedural fairness."

Monnin indicated the hearing could take place as early as October, although there was no indication how soon afterward a ruling would be made.

"It may be that we don't start (again) until November or December. It's hard to predict," Sherri Walsh, the lawyer leading the inquiry, told reporters.

Witnesses were told that full transcripts of what they said would not be released, Walsh said, and so they spoke very frankly. Many are social workers who still work in the child-welfare system.

"Sometimes people vented about their experiences in the system. Again, that's not something that needs to be disclosed."

The inquiry has already survived challenges from the union that represents Manitoba social workers. It lost one court battle to limit the inquiry from finding fault and another that would have granted anonymity to social workers who testify. The only witnesses whose names are protected by a publication ban are seven individuals who called police or child-welfare agencies with concerns about Phoenix.

THE CANADIAN PRESS

Phoenix Sinclair CONTRIBUTED

By the numbers

230

The Manitoba government has funded 230 new social worker positions since 2006, but the number of children in care continues to rise sharply. There are now roughly 9,000 children in the child-welfare system, almost double the number a decade ago.

Earthquake survivors in China wait for supplies

Dozens dead. More tremors hinder rescue efforts, as by noon Sunday, there had been 279 aftershocks

Survivors of a series of earthquakes that killed 81 people and injured more than 800 in a mountainous area of southwestern China were desperately waiting for more aid to arrive Sunday.

They were waiting as jolting aftershocks were keeping fears high and hindering rescue efforts.

The latest victim was a two-year-old child who was hit by a falling wall as an aftershock struck Saturday night, the state-run Xinhua News Agency reported.

The first earthquakes struck Friday in a region of small farms and mines near the border between Guizhou and Yunnan provinces, where some of China's poorest people live.

They toppled thousands of homes and sent boulders cascading across roads, and authorities evacuated more than 200,000 villagers.

The aftershocks on Sunday were raising fears of more injuries and fatalities. THE ASSOCIATED PRESS

Quake zone

State media reported Saturday that the army and police had mobilized more than 3,200 personnel to help rescue efforts, along with some 4,000 militia and reserve forces. That means 11,000 rescuers are attempting to clear roads, evacuate people and search for the missing.

- The first magnitude-5.6 quake struck just before 11:30 a.m. Friday and was followed by an equally strong quake shortly after noon. Though of moderate strength, the quakes were shallow, which often cause more damage than deeper ones.

Zhu Yinquan, a teacher, left, helps a woman who lost her seven-year-old daughter in Friday's earthquake in Yunnan province. THE ASSOCIATED PRESS

Tariq al-Hashemi, Iraq's former VP, fled to Turkey when charged. THE ASSOCIATED PRESS

Fugitive former VP of Iraq sentenced to death

Iraq's fugitive Sunni vice-president was sentenced Sunday to death by hanging on charges he masterminded death squads against rivals in a terror trial that has fueled sectarian tensions in the country.

Underscoring the instability, insurgents unleashed an onslaught of bombings and shootings across Iraq, killing at least 92 people in one of the deadliest days this year.

It's unlikely that the attacks in 13 cities were all timed to coincide with the afternoon verdict that capped a monthslong case against vice-president Tariq al-Hashemi, a longtime foe of Shiite Prime Minister Nouri al-Maliki.

Still, taken together, the violence and verdict could energize Sunni insurgents bent on returning Iraq to the brink of civil war by targeting Shiites and undermining the government.

Al-Hashemi fled to Turkey in the months after the Shiite-led government accused him of playing a role in 150 bombings and assassinations. THE ASSOCIATED PRESS

Feds turned down bid to revive Avro Arrow

Jet. Project would create made-in-Canada plane and industry that would add thousands of jobs and billions of dollars to Canadian economy, proposal claimed

A Canadian company is seeking to go back in time to help fly Canada's air force into the future.

Documents obtained by the Global News program The West Block indicate an update to the storied CF-105 Avro Arrow was put forward as an alternative to the purchase of F-35 stealth fighter jets.

And among the project's champions is one of Canada's top soldiers, retired Maj.-Gen. Lewis MacKenzie.

The Arrow was an advanced, all-weather supersonic interceptor jet developed in the 1950s, but the project was scrapped before a single plane could be built.

MacKenzie told the The West Block that the Arrow's basic design and platform still exceed any current fighter jet and it is perfect for Canada's needs.

"It's an attack aircraft. It's designed for attacking ground targets and its stealth is most effective against short-range radar, protecting ground targets," MacKenzie said.

Quoted

"What we need in Canada is something that can go to the edge of our airspace, from a sovereignty point of view, and be able to catch up with intruders."
Retired Maj.-Gen. Lewis MacKenzie

The plan to build an updated Arrow in Canada instead of buying into an international deal for a fleet of F-35s was originally put before the Harper Conservatives in 2010 by a company called Bourdeau Industries, which has offices in the U.K. and Canada.

The proposal, which was updated in 2012, suggested the plane could fly 20,000 feet higher than the F-35, soar twice as fast and would cost less.

But in June, the government rejected the plan, saying too much money and time was required to execute it and the plane didn't meet the technical specifications required.

"Unfortunately, what is proposed is not a viable option for Canada's next-generation fighter," said a letter from Julian Fantino, who was then Canada's associate minister for national defence. THE CANADIAN PRESS

Families grieve for fallen firefighters

Ron Walter and his daughter, Rachel, are pictured with a ceremonial firefighter's helmet in honour of his son, Ray — who lost his life while on duty for the North Perth, Ont., fire department — during a ceremony for fallen firefighters in Ottawa on Sunday. FRED CHARTRAND/THE CANADIAN PRESS

Arctic. Human remains may be from Franklin Expedition

Archeologists involved in the hunt for the wreckage of the Franklin Expedition in Canada's Arctic have discovered human remains they believe are from a member of the doomed crew.

At Erebus Bay, where at least a dozen members of the Franklin crew are known to have died, "they did find a human tooth, and some bone and a toothbrush," said Marc-Andre Bernier, chief of underwater archaeology for Parks Canada said. "These were really exciting finds."
THE CANADIAN PRESS

Libya. Wear, tear on jets were feared during mission: Docs

There was a fair amount of fretting within air-force ranks about the impact last year's bombing campaign in Libya was having on Canada's aging fleet of CF-18 fighter jets and the country's ability to keep pilots in the cockpits, newly released documents reveal.

Two months into the protracted campaign, there was an intense internal debate about increasing the number of aircraft from seven to nine, prompting military planners to raise a caution flag about wear and tear on the fleet.
THE CANADIAN PRESS

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Prince Harry gives a thumbs-up Friday as he walks past the Apache flightline at Camp Bastion in Afghanistan, where he will be operating from during his tour of duty as a co-pilot gunner. JOHN STILLWELL/POOL/THE ASSOCIATED PRESS

Prince to give 'copter missions a whirl

Second tour of duty. British royal returns to Afghanistan to fly attack helicopters in fight against Taliban

Prince Harry is finishing his first phase of initial training at Camp Bastion in Afghanistan.

The 27-year-old army captain arrived in Afghanistan for his second tour there on Friday but will not start flying Apache helicopter missions for at least seven more days.

On Sunday, the third-in-line to the British throne was expected to complete his two-day course in first aid, shooting, and roadside-bomb awareness.

He then is to start Apache-specific preparation Monday, where he will begin to familiarize himself with the helicopter's configurations for Afghanistan.

The prince's previous posting as a battlefield air-traffic controller in Afghanistan in late 2007 and early 2008 lasted only 10 weeks. It was cut short amid fears for his safety after his deployment was made public.

THE ASSOCIATED PRESS

One less corgi in the palace. Queen's dog dies

Buckingham Palace says one of Queen Elizabeth II's corgis, who took a star turn in the James Bond sketch during the Olympics opening ceremony, has died.

Monty and two other of the queen's beloved corgis appeared in a James Bond sketch during the opening ceremony, greeting Daniel Craig's James Bond as he arrived at the palace to accept a mission from the monarch.

The palace on Sunday confirmed that Monty — who was previously owned by the Queen Mother — had died. It did not provide details on when or how Monty died, or the age of the dog, but added that another of the queen's pets, dachshund-corgi crossbreed Cider, also had died.

With the death of Monty, Queen Elizabeth II now has two corgis in the palace — Willow and Holly — both of whom also appeared in the Olympics sketch. THE ASSOCIATED PRESS

Not so Nobel

Chinese prize peace their way

Former UN secretary general Kofi Annan, Thailand's prime minister and Microsoft founder Bill Gates are among those nominated for a Chinese alternative "peace prize."

Organizers of the Confucius Peace Prize announced the nominees Sunday for the accolade that last year went to Russia's Vladimir Putin.

The China International Peace Research Center launched the prize in 2010 in an apparent attempt to counter that year's Nobel Peace Prize which went to jailed Chinese dissident writer Liu Xiaobo. He is serving an 11-year prison sentence for co-authoring an appeal for political reform.

Liu's win enraged the government and Chinese nationalists, who accused the Nobel committee of interfering in China's legal system as part of a plot to bring the nation down in disgrace.

THE ASSOCIATED PRESS

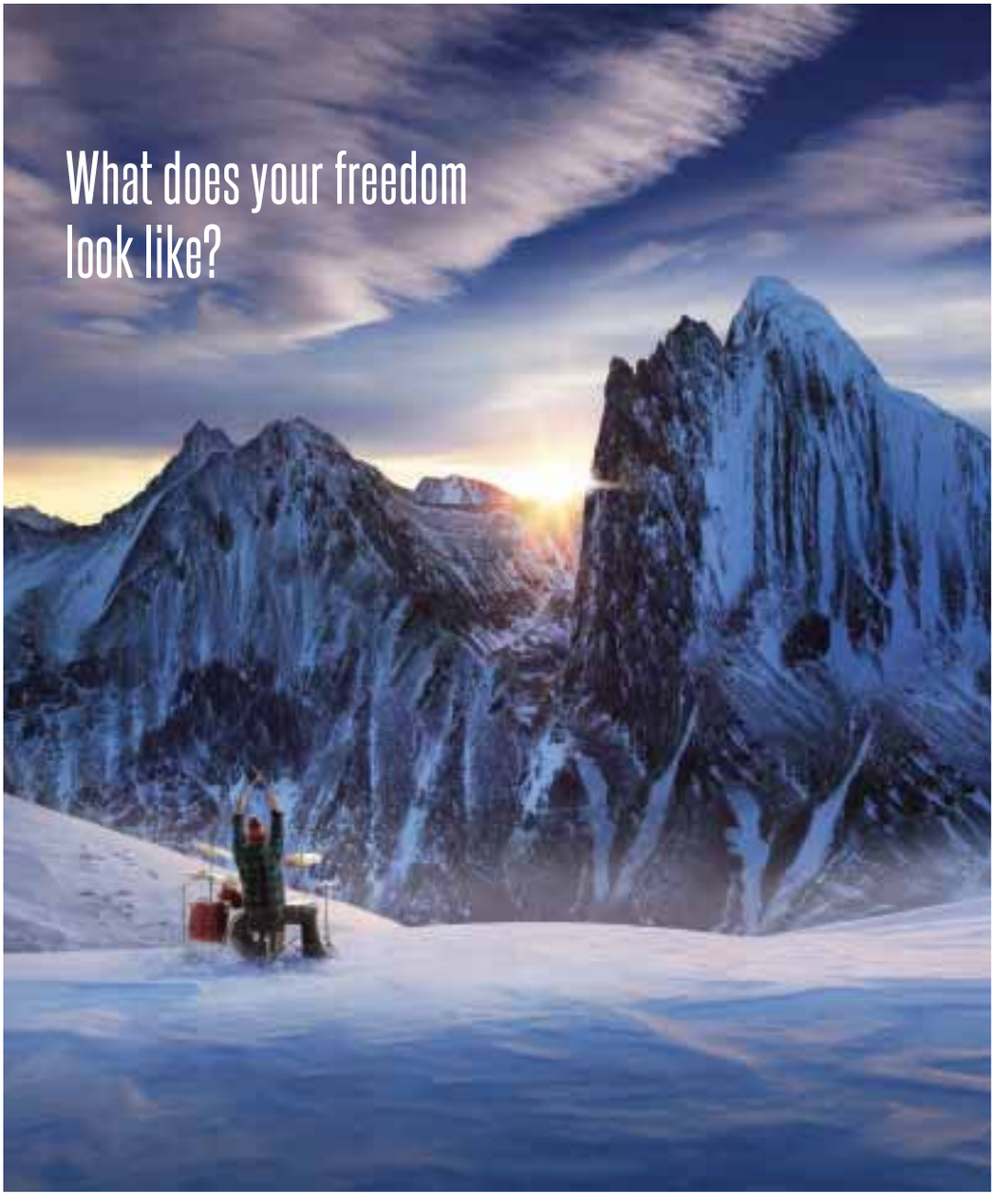
What a dolphin

This Flipper won't hear of moving

A deaf dolphin found stranded in March off the Louisiana coast is being taken to live at a facility in Mississippi. Suzanne Smith, rescue co-ordinator at the Audubon Nature Institute, says he would be unable to survive in the wild. Deafness is probably the reason he was found sunburned and stranded on a mudflat.

THE ASSOCIATED PRESS

A two-year-old deaf dolphin is fed in New Orleans last week. AUDUBON NATURE INSTITUTE/THE ASSOCIATED PRESS



Only in Canada. Flu shots made people even more susceptible to pandemic

A strange vaccine-related phenomenon spotted at the start of the 2009 flu pandemic may well have been real, a new study suggests.

Canadian researchers noticed in the early weeks of the pandemic that people who got a flu shot for the 2008-2009 winter seemed to be more likely to get infected with the pandemic virus than people who hadn't received a flu shot.

Five studies done in several provinces showed the same results. But initially research outside of Canada did not, and the effect was dismissed as "the Canadian problem."

News of the unexpected findings broke at a time when countries in North America and parts of Europe were getting ready to start vaccinating their populations against the pandemic virus.

Some jurisdictions were also trying to figure out whether to offer the seasonal flu vaccine they had purchased — similar to the 2008-2009 shot — along with the pandemic vaccine, in case the seasonal flu viruses continued to circulate. Quebec opted not to offer the seasonal vaccine because of the concerns raised by the studies.

Many people in the public health community found the whole event unhelpful, and many rejected the findings. Some suggested if there was a problem, it might have been with the flu vaccine used in Canada, because the problem wasn't seen elsewhere.

THE CANADIAN PRESS

Pandemic flu

The U.S. Centers for Disease Control recommend seeing a physician if the following symptoms occur:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Low temperature

Cyclists fight kids' cancer

Diane Klich and Paul Berendson, who are taking part in the Sears National Kids Cancer Ride from Vancouver to Halifax, stopped for a break in Winnipeg Sunday and got a hug from Ben the Sears Charity Bear. They hope to raise $1.5 million to help fight cancer. Follow them at metronews.ca. SHANE GIBSON/METRO

Mammal minesweepers. Canadians watched U.S. Navy dolphins in action

Canadian soldiers got an up-close look at bomb-detecting dolphins during a military training exercise with the Americans off the coast of British Columbia, a newly released document shows.

The U.S. Navy brought four bottlenose dolphins and a support team to Esquimalt, B.C., last year to practise anti-mine tactics as part of Exercise Trident Fury. The training operation took place in May 2011 and involved the armed forces and coast guards of Canada and the United States.

A briefing note to the chief of maritime staff described the exercise as a rare opportunity for the Canadian military to gain valuable experience working with the animals — something it currently does not do.

THE CANADIAN PRESS

Underwater allies

Mine-detecting dolphins have served for a long time:

- The U.S. Navy has been training dolphins and sea lions since the 1960s.
- During the 2003 invasion of Iraq, navy dolphins helped U.S. forces clear anti-ship mines and underwater booby traps.

Suburban Montreal

Tornado turns off hydro for 90,000

A small tornado hit an area northeast of Montreal on Saturday as part of a storm that left more than 90,000 homes and businesses without power.

Rene Heroux of Environment Canada says wind speeds hit 120 km/h in Drummondville, Que., tearing off the roof of at least one building.

It was the fifth tornado of the season in Quebec.

There were about 2,400 Hydro-Quebec clients still without power across the province on Sunday afternoon. THE CANADIAN PRESS

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Blast kills more than a dozen

Syria. Concern grows that civil war is providing new forum for foreign jihadists

A car bomb ripped through Syria's largest city of Aleppo on Sunday, killing at least 17 people and wounding 40 in one of the main battlegrounds of the country's civil war, state-run media said.

No group immediately claimed responsibility for the attack. news agency SANA blamed terrorists, the term the regime uses for rebels.

Al-Qaida-style bombings have become increasingly common in Syria, and Western officials say there is little doubt that Islamist extremists, some associated with the terror network, have made inroads in the country as instability has spread. But the main fighting force looking to oust president Bashar Assad is the Free Syrian Army, a group made up largely of defected Syrian soldiers.

Fighting also raged elsewhere in Syria, with at least 58 people reported killed and scores wounded, according to the Syrian Observatory for Human Rights. That figure excluded the car bomb but included eight killed in an air raid earlier in Aleppo that flattened a residential building. The Free Syrian Army said the strikes came hours after rebels overran army barracks in the Hananu neighbourhood. THE ASSOCIATED PRESS

The fight for Aleppo

- Aleppo's fall would give the opposition a major strategic victory with a stronghold in the north, near the Turkish border.
- A rebel defeat, at the very least, would buy Assad more time.

Free Syrian Army soldiers go to the front line in Izaa district in Aleppo, Syria, on Sunday. The group is made up largely of defected Syrian soldiers. MANU BRABO/THE ASSOICATED PRESS

Inaccurate texts

Al-Jazeera says hackers sent false news alerts

Al-Jazeera says hackers have targeted the Qatar-based TV satellite channel for the second time in a week, sending out false news reports on its mobile phone alert service.

A pro-Damascus group known as the Syrian Electronic Army quickly claimed responsibility for the Sunday hack on Twitter. Qatar is a harsh critic of the Syrian regime and a leading backer of the rebels.

The inaccurate texts sent included a claim that the Qatari prime minister had escaped an assassination attempt. A spokesman says an investigation is ongoing.

Hackers posted a pro-Syrian statement on Al-Jazeera's website last week. THE ASSOCIATED PRESS

No honeymoon

Syrian couple weds in Jordan refugee camp

Snakes, scorpions and swirling dust didn't deter a Syrian couple from getting married at Jordan's tent city for refugees.

A carpenter, Hodasa al-Hariri, 23, married his 20-year-old cousin, Hanan al-Hariri, in a simple ceremony on Sunday at the Zaatari camp.

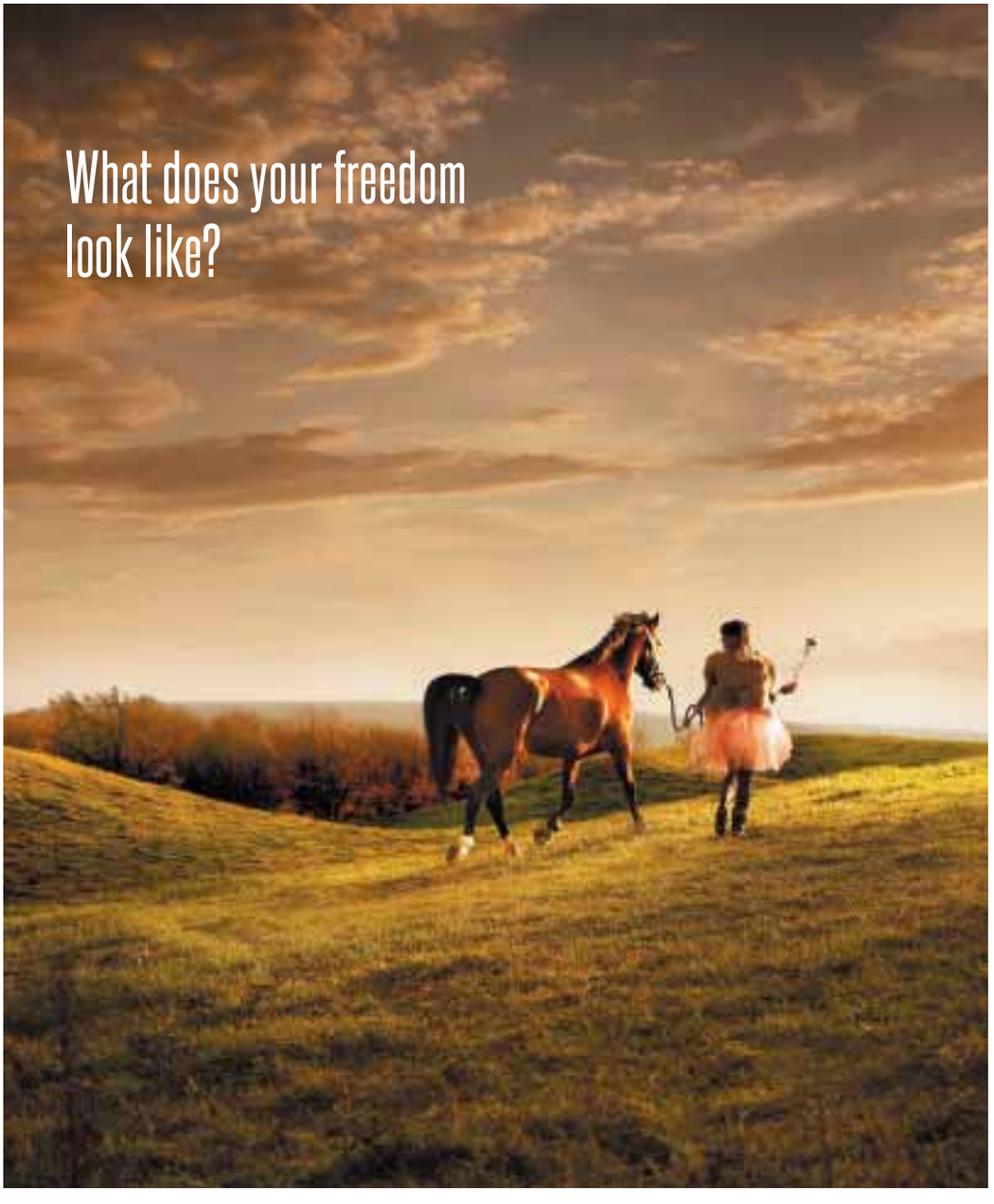
The bride was dressed in a bright pink dress and white headscarf.

The groom said the couple decided to wed in the camp because the crisis in Syria was dragging on and they "expect to be in the camp for a long time."

The couple won't be going away for a honeymoon. The 27,000 refugees are not allowed to leave the camp. THE ASSOCIATED PRESS

Call to release prisoners

A Jordanian Salafist holds a Qur'an during a demonstration calling for the release of prisoners outside the prime minister's office in Amman on Sunday. A Jordanian militant leader linked to al-Qaida warned Sunday that his extremist group will launch "deadly attacks" in neighbouring Syria to topple President Bashar Assad, as Damascus lashed out at France for backing Syrian rebels. RAAD ADAYLEH/THE ASSOCIATED PRESS



Monti government

Cutting corruption will boost Italy's growth: Minister

Italy's justice minister says corruption is hampering the country's economic growth and that Premier Mario Monti's government will push hard this week in Parliament for a tough anti-corruption law.

Minister Paola Severino, citing World Bank estimates, said Sunday that combatting corruption could boost Italy's GDP by 2 to 4 per cent. Kickbacks in awarding contracts can boost overall costs and discourage investors from doing business in Italy.

She spoke on the sidelines of an annual closed-door economic forum at a resort on Lake Como.

Monti, leading a non-elected technocrat government, was reportedly coy at the forum about calls from some centrist politicians that he run for election this spring when Parliament's term ends.

He was appointed in November to save Italy from succumbing to the eurozone sovereign debt crisis. THE ASSOCIATED PRESS

Western sanctions

Iran's currency falls to record low

Iran's currency hit a record low against the U.S. dollar in street trading, the semi-official Mehr news agency reported Sunday.

Mehr says the rial dropped nearly 7 per cent in a single day, to 24,300 rials to the dollar. Street traders say the rial rose slightly later on Sunday to around 23,900 rials to the dollar.

The collapse of the currency is a sign of the effect of Western sanctions over Iran's nuclear program. The West suspects Iran is aiming to build nuclear weapons, a charge Iran denies.

On July 1, the European Union banned import of Iranian oil, and the U.S. tightened sanctions against Iran's banks. On Friday, Canada cut diplomatic relations with Iran over its nuclear program, support for Syrian President Bashar Assad's regime and the country's poor record on human rights issues.

Mahmoud Bahmanai, governor of Iran's central bank, said the plunge of the rial was the result of a rush on the market by buyers seeking to obtain the dollar. THE ASSOCIATED PRESS

CRTC eyes market shift with Bell's purchase of Astral

Public hearing. Competitors argue $3.4-billion deal will give telecom giant too much of English-language TV market

Pierre Karl Peladeau, president and CEO of Quebecor Inc., left, along with Lee Bragg, CEO of Eastlink, and Louis Audet, president and CEO of Cogeco Cable Inc., ask the federal government to disallow a proposed takeover of Astral Media Inc. by Bell Media in Ottawa on Aug. 7. FRED CHARTRAND/THE CANADIAN PRESS

A public hearing into Bell's $3.4-billion acquisition of Astral Media will focus on how much of the English-language TV market the telecom giant will corner if the deal were to go through.

The CRTC will examine the multibillion dollar transaction on Monday and hear from multimedia, telecom and radio companies, producers as well as film groups and consumer advocates — many of them against the deal.

Bell's parent company BCE said if the deal is approved it will own 33.5 per cent of the English-language market, under the 35 per cent threshold set by the Canadian Radio-television and Telecommunications Commission for approval.

Telecom competitor Telus Corp. believes Bell would have too much control of English-language TV content and leave consumers with fewer choices and higher cable bills.

Telus has argued that the purchase of Montreal-based Astral, along with Bell's part ownership in the Maple Leaf Sports and Entertainment TV assets, and its stake in joint venture assets, such as Teletoon, would give Bell 49.5 per cent share of the English-language television audience. THE CANADIAN PRESS

What's at stake?

Effects of the acquisition

BCE announced the Astral deal last March aimed at creating a media powerhouse poised to take on rivals in providing digital content to consumers.

In 2010, BCE bought the rest of the CTV assets it didn't already own for $1.3 billion.

CTV operates more than 25 stations across the country, 30 specialty channels including sports networks TSN and RDS online video programming and properties such as CTV.ca, TSN.ca, RDS.ca, MuchMusic.com, MTV.ca and TheComedyNetwork.ca. It also owns CHUM Radio, which operates more than 30 radio stations throughout Canada.

Astral is Canada's largest pay and specialty TV broadcaster and owns 84 radio stations in 50 Canadian markets and 24 television services. It is also the third-largest outdoor advertising company, and has a stake in the country's only subscription radio service, XM-Sirius Canada. THE CANADIAN PRESS

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WHO'S REALLY RUNNING THIS CITY?

URBAN COMPASS
Colin Fast
winnipeg@metronews.ca

Have a burning issue you want to take up with the City of Winnipeg?

Figure you're going to march down to the mayor's office and deal directly with the man in charge?

Well, you might want to turn around when you hit the doors of city hall, and head across the courtyard to the administration building instead, because increasingly it seems that's where the power is shifting.

Funding agreements with non-profit groups are in the hands of the Chief Administrative Officer (CAO).

Decisions about corporate sponsorships of public spaces — like parks, community centres or even streets and sidewalks — are solely up to the CAO.

And contracts under $10 million can be approved by the CAO without council involvement.

Doesn't sit well

"It was that last bit of authority that was used to justify a controversial deal to transfer several pieces of city property to a local developer in exchange for a lot on Taylor Avenue where the new River Heights fire hall was built."

It was that last bit of authority that was used to justify a controversial deal to transfer several pieces of city property to a local developer in exchange for a lot on Taylor Avenue where the new River Heights fire hall was built.

Look, anytime a fire chief feels it's within his scope to negotiate multi-million dollar real estate transactions, you know the chain of command has broken down.

But it's an even bigger problem when the CAO and his deputies form a protective shield around that fire chief, and tell council and the public to move on because there's nothing to be concerned about.

That "Trust us, we know better than you" attitude was also on display back in the spring when the administration suddenly announced a plan to build an indoor water park at the Forks in partnership with a budget hotel operator from Alberta.

Councillors complained they didn't have enough time or information to make a decision, and were told not to worry because the CAO would look after all the details for them.

Understandably annoyed at being left out of the loop, council killed the proposal at the last minute.

Unfortunately, it won't have that option when it comes to the hiring of a new police chief.

In a city where crime has been the top concern for several years, neither city council or the general public will have any direct say in choosing the person charged with dealing with that issue.

Coun. Paula Havixbeck was on the search committee, but resigned in frustration when she was told the final decision would be entirely up to the CAO.

The balance of power between politicians and bureaucrats is a delicate one.

On the one hand, delegating authority to the administration helps to keep the wheels of government turning and reduce red tape.

But council still has a clear role to play in protecting the public interest.

After all, in the eyes of the public, city council is the supreme authority on civic matters.

And it's councillors, not the CAO, who answer to the public at the ballot box.

That's why those members of council who feel their authority is being threatened should be taking steps to ensure the power at city hall remains balanced on both sides of the courtyard.

Online

To read more of Colin's columns, go to metronews.ca.

Sun cracks its whip on Earth

NASA/GSFC/SDO

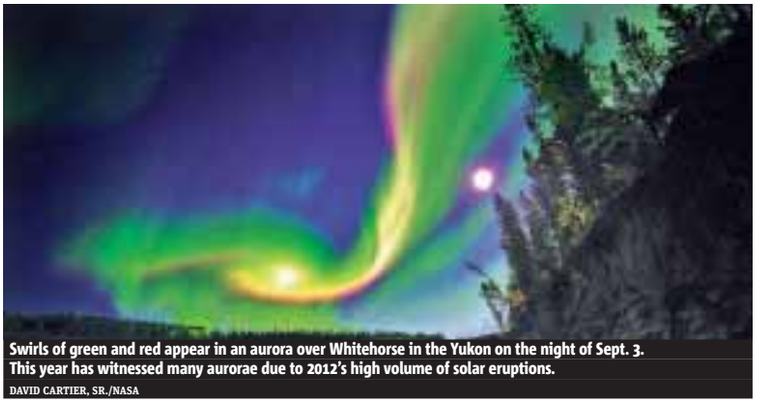
Astronomy

Explosion of solar flare off the sun

A jaw-dropping image of a solar whip has been captured. NASA reported a filament of solar material, which had been in the sun's atmosphere.

Though it didn't erupt directly towards Earth, it did have an effect on Earth's magnetic environment, or magnetosphere, causing aurorae to appear on Sept. 3.

METRO



Swirls of green and red appear in an aurora over Whitehorse in the Yukon on the night of Sept. 3. This year has witnessed many aurorae due to 2012's high volume of solar eruptions.

DAVID CARTIER, SR./NASA

Aurora:

- Atmospheric phenomenon made of light caused by charged solar particles following Earth's magnetic lines of force.

Plasma:

- The red-glowing ejected material is a hot gas comprised of electrically charged hydrogen and helium. The plasma flows along a twisted structure of magnetic fields made by the sun's internal dynamo.

Solar prominence:

- A large, bright feature extending outward from the sun's surface. They are anchored to the sun's surface in the photosphere, and extend outwards into the sun's hot outer atmosphere, called the corona.

Solar speed

1,450

kilometres per second is the speed at which this coronal mass ejection travelled. That's still only one two-hundredth of the speed of light.

Local hero wears tights, rappels building

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

You don't have to put on tights to be a hero, but in some cases, it doesn't hurt.

When Brent Bailey made it his mission to rappel 17 storeys from the top of Winnipeg's Royal Bank of Canada Building as a fundraiser to support Easter Seals, pledging to do it in a Spider-Man costume was the key to his success. Known as The Drop Zone, the event raises money for programs and services for children, youth and adults with disabilities in Manitoba. Supporters who raise $1,500 have the opportunity to attempt the feat. Bailey had set a personal goal of raising $2,000 — and as an incentive, promised to show up in a Spandex superhero outfit if the donations hit that mark. Not only did he meet his goal, he doubled it.

"Being able to conquer my fear was amazing," he said. "But to have also supported an amazing organization in its mission to improve the lives of persons with disabilities ... made it an experience I will never forget!"

CRAIG AND MARC KIELBURGER

Craig and Marc Kielburger are founders of international charity and educational partner, Free The Children. Its youth empowerment event, We Day, is in eight cities across Canada this year, inspiring more than 100,000 attendees. For more information, visit weday.com.

Email us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we'll share them right here.

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SCENE 2

The battleground of daytime TV

With Oprah's crown still up for grabs, three celebrities enter the talk show fray today. Here's what you need to know about the contenders.

AMBER RAY
Metro World News

The Ricki Lake Show, Global

Bio
Ricki Lake became a star as Tracy Turnblad in John Waters' 1988 classic Hairspray. She's a daytime vet, having hosted her titular chat show from 1993 through 2004. She produced a documentary about childbirth, The Business of Being Born, and marked her pop culture return with a stint on Dancing with the Stars in 2011.

Personality
Lake is your sympathetic girlfriend who's been there, done that, and always has her own funny anecdote to share. "I have been rich. I have been poor. I have been fat. I have been thin," Lake admits. "I've had this life experience, and I'm an open book. I'm willing to share my hardships and my triumphs." Her mission for her return to talk is "that this really can be a smart show that people can learn from each other."

What to expect
Lake became a phenomenon when, in her 20s, she addressed the (sometimes scandalous) concerns of the younger generation and encouraged audience participation. Now 43, Lake intends to continue engaging her fans, but with a more grown-up approach and topics that affect, primarily, women between the ages of 25 and 54. "Today, times are really tough. We're all trying to figure it out and put food on our plates and be in the job force and raise families and, you know, figure out the aging process and how to reverse it," Lake says. "So I think doing a show now that's a little less fluff, a little more substance — that's something I would be looking for as a viewer."

Secret weapon
Don't underestimate the nostalgia factor for Ricki Lake, Talk Show Host. The studio audience started a "Go Ricki" chant — a hallmark of the host's first show — during taping of the new show's second episode.

Katie, Citytv

Bio
For 15 years, Katie Couric helped America wake up as co-anchor of the Today show. She became the first solo female anchor of a national nightly news broadcast when she helmed CBS Evening News with Katie Couric from 2006 to 2011.

Personality
Couric is the sweet aunt who will take you for brunch and a manicure, listen to your problems, then scold you because you know better. She hopes Katie delivers information — from daily news to dating tips — that is "smart with heart."

What to expect
Katie, taped live from New York and mixing news and entertainment, sounds a little like a one-hour version of Today. "I'm going to be able to flex all my muscles (on Katie)," Couric says, referring to her 33 years on both ends of the television news spectrum. "I've done … some lighthearted stories, some fun stories, some celebrity-driven stories. And then I've done very serious stories. I pride myself on being able to use the right tone and the right approach and to be able to calibrate that approach depending on who I'm interviewing or the topic that I'm dealing with on any given day."

Secret weapon
Sheryl Crow wrote and performed the Katie theme song, reminding us of the A-list contacts that Couric must have on her iPhone, which she'll be able to tap for interviews. Crow will appear on the first episode, as will Jessica Simpson.

The Jeff Probst Show, Global

Bio
Jeff Probst is the Emmy-Award-winning host of Survivor; he has helmed the reality competition since it debuted in 2000. Formerly, he hosted Rock & Roll Jeopardy! and was a correspondent for Access Hollywood.

Personality
Your over-sharing big brother who is also your biggest cheerleader. "I think my weakness as an interviewer will be a strength in daytime, which is, I share a lot, sometimes too much," Probst admits. "But in daytime, when you are asking people to share their life on the kind of level that I'm going to go to, you have to be willing to share yours." Probst's wife, Lisa Ann Russell, will be an integral part of the show, often contributing to the day's conversation.

What to expect
"If you're looking for Jerry or Maury, this is not your show," Probst says. "I'm not interested in people fighting onstage." You can forget about seeing celebrities promoting their latest movie, too, unless they are able to add to Probst's message of positivity and embracing new experiences. "The overall idea of the show is saying yes to the adventures in your life — I mean being married, being a parent, dating, friendships," he says. "At the end, this really is what defines our life, those adventures. And that's the idea behind the show, and we will talk about that all the time."

Secret weapon
Only The Jeff Probst Show boasts a party room complete with massage chairs, makeover stations, snacks and a photo booth for its audience. Probst says the set was designed to be an extension of his living room, a place "where you feel comfortable enough to kick off your shoes." The party room serves two purposes, he explains: "One, we want the audience to feel welcome, and we also want them to spread the word — if you are looking for something fun to do in L.A., check out The Jeff Probst Show. There's this great party room, and then there's this really fun show."

On the web

Scan this code or visit metronews.ca/scene to get all the details from Sunday night's Canadian Country Music Association awards.

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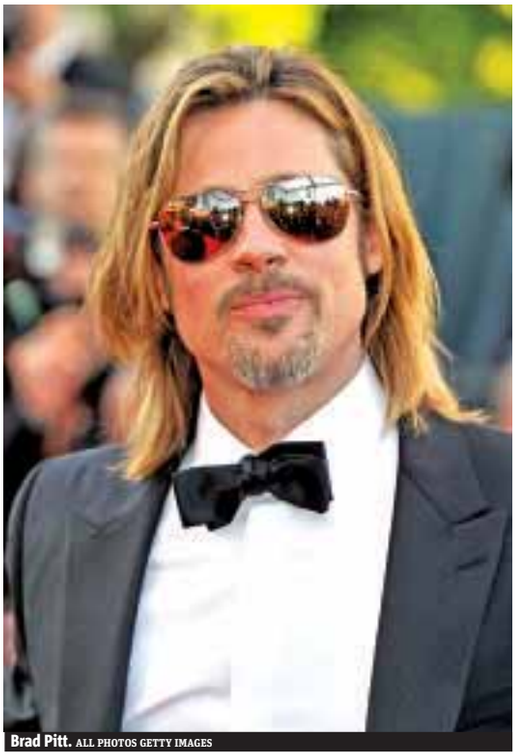
OUR TAKE ON THE WORLD OF CELEBRITIES



Brad Pitt. ALL PHOTOS GETTY IMAGES

Brad Pitt playing coy on upcoming wedding

The only update Brad Pitt can offer on his and Angelina Jolie's wedding is that it is indeed happening — though he's not saying when.

"No plans yet, other than we are going to do it," Pitt says, according to E! News. "I plan very little as I get older."

So will best buddy George Clooney be serving as best man for the big day? Pitt jokes that his pal would probably be demoted to usher.

"Well, you know, he doesn't believe in institutions," Pitt says. "So he can get people to their seats or something."

Quote

"No plans yet, other than we are going to do it."

Brad Pitt
On getting married to Angelina Jolie.

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The Word

Poehler and Arnett: 2012's bummer breakup

THE WORD
Monica Weymouth
scene@metronews.ca

When we found out Amy Poehler and Will Arnett were divorcing last week, we assumed there must be the scandal of all scandals hiding behind their split. Nevermind that their rep insisted it was "very amicable" — why would two people as funny, successful and charming as them breakup? As it turns out, they're not that much different than those of us who fall asleep watching reruns of their shows, snuggling piles of almost-warm takeout.

"Will and Amy started to feel more like best friends than a married couple — and sadly they lost their spark," a source tells RadarOnline. "The two still love each other very dearly, but the romance died and neither one of them was happy, so something had to be done."

Talk about shot through the heart. Go ahead, Source, finish us off: "Everyone used to think that because Amy and Will are both comedians their relationship was all fun. However, the laughter stopped a long time ago and now they just want to move on with their lives."

Now, we're not necessarily saying that love is dead. Just that he's emptied the mini bar, went on a Facebook bender, and things aren't looking good.

Robert Pattinson.

Pattinson getting back with Stewart?

While the future of Robert Pattinson and Kristen Stewart's relationship is still uncertain after her affair with director Rupert Sanders came to light, at least one friend of the pair says not to worry.

"They are totally going to get back together," the source tells Hollyscoop. "It is just a matter of time. Kristen has this effect on Rob. Robert is not a player. It is really a mess of a relationship. They are both in love with each other still."

That might be a problem, though, for friends of Pattinson, another source reveals.

"They tell him, 'If she cheated once she will cheat again,'" the source says.

Katy Perry.

Katy Perry spotted with John Mayer

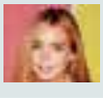
It appears reports of the demise of Katy Perry and John Mayer's relationship were premature, as the pair were spotted at the MTV Video Music Awards after-party looking much still together, according to Hollyscoop.

"(John and Katy) were holding hands walking around the VIP area looking like a legit couple. They weren't even hiding it," the source says.

They soon left the party, though, in favour of a more intimate dinner at a restaurant in West Hollywood.

Twitter

@joelmchale
Sad news: the phrase "hot mess" is six months past it's expiration date. Also "I just threw up in my mouth a little" is over(2 years).



@lindsaylohan
just sending love, prayers and strength to #PrinceHarry

@katyperry
Today I am promised happiness. Let's do this!

@AlbertBrooks
"Shocking. Nude. Sex. Devastating" Four words you must use to have a successful website.

Hot thermos

Keep food warm until lunchtime

Putting hot food into a cold right-from-the-cupboard thermos just uses the heat from the food to heat the thermos and usually means a lukewarm lunch.

To keep your thermos warm and your hot lunch hot, fill your thermos with boiling water, attach the lid and let sit for five to seven minutes. Drain the water, wipe and immediately place hot food into the thermos.

Bonus: To test how hot your thermos stays during the day, fill it with boiling water and leave for a few hours. When you come home, gauge how hot your water is. If it's cold it may be time for a new thermos! **MAIJA MOMENTS OF YUMMYMUMMYCLUB.CA**

New study

Is being shy a disadvantage?

A new study from the University of Miami (UM) confirms shy preschoolers are "at greater academic risk than their chatty and boisterous peers."

Boisterous and loud children benefit from the teacher's attention, while introverted children "tend to disappear within the classroom," according to Elizabeth R. Bell, doctoral candidate in developmental psychology at UM and co-author of the study. While not necessarily disruptive, the shy child risks getting overlooked and dismissed by teachers.

Researchers hope their findings spark further training for teachers. **JULIE M. GREEN OF YUMMYMUMMYCLUB.CA**

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- **Hotel woes.** Can mommy and her club-sized pack of anti-bacterial wipes beat you to the hotel remote control? Follow along with the comedic (mis) adventures of Reasons Mommy Drinks online at metronews.ca/voices

Myth busters

Inside lunch boxes

Myth: You are a bad mom if your kids eat the same thing every day.

Reality: When my son was four, he ate grilled cheese sandwiches for lunch every single day for about two months. Was it worth a fight to make him eat something else? Not really. He grew out of it and moved on to something else. Don't make food a fight.

Myth: You're a better mom if the lunch is cute.

Reality: In 20 years, I've never seen a cutesy lunch. Parents are stressed and throw together what they can, without the time to make it photo worthy. To me, it's way too much pressure to try to make it adorable. The emphasis should be on the fact that it's good, wholesome food.

Myth: Kids should never have treats in their lunches.

Reality: We all love them, and I often have a cookie with my coffee at work. I have no issue packing my child a homemade brownie or cookies as long as he eats the rest of his lunch. When you send treats, though, they should be a small add-on, not the focus. Little people need to focus and learn, which is hard if they are buzzed up on sugar. **KAREN HUMPHREY OF YUMMYMUMMYCLUB.CA**

Get them to love reading with 8 unique strategies

Books. Kids go through phases in which they refuse to read, so it may help to try these approaches

RUTH SPIVAK
yummymummyclub.ca

Reading with kids, even the ones who graduated to chapter books, can help. ISTOCK

1. Leave a mess of books and magazines around the house. If you can stomach a bit of mess, a disordered pile of books entices kids to browse sooner than a neat bookcase.

2. Direct kids toward non-fiction. Does your child like cars or maybe cooking? Pick up some car magazines and cookbooks. We seldom think that materials with instructions and facts count as reading, but kids are often interested in books that fuel their hobbies. For kids who enjoy facts, The Guinness Book of World Records seems to be a hit. Non-fiction is ultimately a great avenue from which to explore a variety of topics.

3. Watch book trailers for inspiration. Tantalizing plot teasers reveal just enough information to rouse interest in a book.

4. Take kids on a library shopping-spree. Give each child a huge book bag to fill, and plenty of time to browse the aisles. Don't limit the amount of books, and try not to intervene with recommendations. Older kids could be dropped off to shop on their own, just like at the mall. Kids can "charge" everything to their own library cards. Giving kids independence around book selection works like a charm, and they can't wait to sample their "new" books at home.

5. Borrow audio books. Listening to a professional narrator bring a story to life can be the push kids need to pick up a book on their own.

6. Grab some joke books, comic books, and graphic novels. They all count as reading and kids love them.

7. Read to older kids. Even graduates to chapter books enjoy being read to, and it could be the needed nudge to read independently.

8. Share a book and a movie. You could read the same book as your child, and then together watch a movie based on that book. Comparing the book to the movie develops critical thinking skills.

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Université de Saint-Boniface

Get Lost in nursery design

Fans. Would you decorate your baby's room with TV memorabilia?

MICHELLE CASTILLO
Metro World News

Is this the hatch? CONTRIBUTED BY THE JOAOS

When Juan and Monica Joao found out they were expecting their first baby, they couldn't wait to decorate the nursery. Instead of the traditional baby blue or pink, these two TV and movie fanatics decided they wanted to pay homage to one of their favorite pastimes of collecting memorabilia.

After debating between a Lord of the Rings, Star Wars or Star Trek theme, the couple stumbled upon a polar bear at a local store.

"We said, 'This is the polar bear from LOST!'" Monica tells Metro World News.

But it wasn't until they found jungle style-trees that they decide to dedicate their son's room to the JJ Abrams-helmed show. Juan admitted the couple didn't start watching Lost until it had been on air for a few years, but they breezed through the first four seasons' mysteries in just one week.

The couple purchased items for the nursery from local stores, including using stickers of numbers to recreate the famous 4, 8, 15, 16, 23 and 42 "lucky" numbers on one of the shelves. They even created a separate jungle area with hanging plastic vines and fake grass, which Monica admitted is her favourite part. Besides the giant stuffed polar bear that rests under one of the trees, a fake crate adorned with the Dharma Initiative logo lies in the grass, waiting to be opened. A video of the room has gone viral.

Though die-hard fans of the show, Monica and Juan still debate whether or not they enjoyed the finale. Monica admitted she didn't like it so much, while Juan was pleased with the conclusion. But baby Paris — who is named after Paris in Troy not Paris Hilton, Monica is quick to emphasize — doesn't have an opinion yet.

"He must wait a few years," Monica said. "We think maybe 12. It's too soon. He's not going to understand it."

Quote

"This is the polar bear from 'LOST!'"

See the room: m-and-j-collection.blogspot.pt/

Get your kid hooked on good TV early

1 Breaking Bad

Pick up some artwork, like these Breaking Bad illustrations by Mike Mitchell that display the characters of the drug drama in cute cartoon form. The artwork was part of The Breaking Bad Art Project, a show that took place in Gallery1988 in Los Angeles.

2 Game of Thrones

Start by pasting a giant map of Westeros on your child's bedroom wall (at HBO.com). And make sure your child sleeps like a king or queen by purchasing some Game of Thrones-themed pillow cases that displays your house sigil. They're at cafepress.com.

3 Glee

They'll be in high school soon enough, but you can initiate your child's musical future by playing a Glee-themed boombox/CD player. It's perfect for those Baby Einstein tapes or those covers of Don't Stop Believing.

Chicken-and-cheese tortellini is as easy as 1, 2, 3 — literally

ROSE REISMAN
for more, visit
rosereisman.com

Tortellini is a favourite for even the pickiest of children. The chicken gives them the protein they need, and most kids like pesto, especially if you add extra Parmesan cheese. Pack this for their lunches.

1. In a small, nonstick skillet lightly coated with cooking spray, add the chicken and sauté for 4 minutes per side or just until no longer pink. Let cool, then dice.

2. Meanwhile, boil tortellini for 8 minutes or until tender. Drain and place in a serving bowl.

3. Add the chicken, pesto and Parmesan cheese and toss well. ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Ingredients

Total time: 20 minutes

- 4 oz boneless chicken breast (about 1 breast)
- 12 oz tortellini
- 1/3 cup pesto
- 2 tbsp grated Parmesan cheese

Nutritional analysis

Per serving

- 354 calories; 20 g protein; 41g carbohydrates; 1.8 fibre; 12 g fat; 4.9 g saturated fat; 56 mg cholesterol; 548 mg sodium

Healthy eating

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Before fall makes its debut this month, enjoy the coolest treat around. But be careful because it will cost you in calories and fat if you grab the wrong container and topping.

Haagen-Dazs Cookie Dough Dynamo (1 cup) with chocolate shell syrup (2 tbsp)

880 calories/ 58 g fat
This indulgence will clog arteries.

Equivalent

Aside from the more than half your daily calories and close to a day's worth of fat in the Haagen-Dazs ice cream, it is also equal in fat to 10 tablespoons of Nutella.

Breyers Reese's Peanut Butter Cup Chocolate frozen dessert (1 cup) with Smucker's syrup (2 tbsp)

440 calories/ 12 g fat

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Stretch out your studies

Taking the long road. Set a study schedule early on to avoid cramming and procrastination

Test-taking likely isn't front of mind for students just getting settled back into school routines following the summer vacation. But it's not too soon to start plotting plans to hit the books well before the first quiz or midterm pops up on the calendar.

Krista Bianco, manager of the Supported Learning Groups Program at the University of Guelph, says some students likely grew accustomed in high school to studying the night before a test and performing OK. They may be applying the same approach now that they've reached the post-secondary level, not yet aware they'll need to change.

For many students heading to college or university straight from high school, they'll likely be balancing a heavier workload in a compressed semester. It will be the first time away from home for many, and with that, their first test at managing their own time without having teachers checking up on them to ensure they've attended classes or submitted homework, she notes.

"I think for a lot of reasons that overwhelmed feeling comes along and they just don't yet have an understanding of what it is they need to do and how they need to change to meet the demands of university or college-level learning."

University of British Columbia psychology instructor Catherine Rawn leads a course featuring topics she's handpicked in the hope of helping students become improved and lifelong learners. Goal-setting, motivation and self-control are among the subjects the class covers.

Students have also teamed up on assignments that explore learning challenges, like testing anxiety. Procrastination is a topic that has arisen in discussions, she says.

"This conversation comes up when we look at self-control and the fact that we have a limited supply of it. As you use more effort, and try to get yourself to do things like sit and study and focus, you have a diminishing supply," says Rawn.

"You get worse at deep thinking in any one sitting, so trying to study for six, eight or 12 hours at a time isn't going to work. We just don't have the ability as humans to be able to do that. So if that's their study strategy — to rely on their bodies and minds to be alert for 12 hours — that's not going to work."

Sarah Gaikwad is a peer development facilitator at Ryerson, and oversees a program called FA-ST, which sees students helping fellow students succeed.
CHRIS YOUNG/THE CANADIAN PRESS

Rawn suggests students create schedules which allow them to space out their studies and review course material during designated times. They should also be building their study notes as they go through their courses and making sure they're doing the readings well in advance of exams, she notes.

As if coping with the rigours of readings, tests and essays weren't tough enough, students are likely also juggling a host of other demands on their time, such as part-time jobs or extracurricular activities.

It may be challenging for some to see how to squeeze more study time into an already stacked day, but Rawn says this is the precise reason a schedule is so crucial.

"When three o'clock comes around it's not, 'Hmm, what do I do now? I really want to take a nap,' or 'I really want to check my email.' Nope, it's already decided this is what I'm doing. 'I'm going to read this chapter.' And then it gets done."

THE CANADIAN PRESS

The In-Credibility Factor

Lauren Friese PROVIDED

Name: Lauren Friese
City: Toronto
Age: 29

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Friese graduated with an economics degree but couldn't find any online resources to help grads find work. Started TalentEgg in 2008 and now works with hundreds of companies and employs over 15 people.

I knew I was on my way when:

"I spent my first dollar on TalentEgg.

"I'm risk adverse so I knew the minute I put money into it I would have to make it back. We've literally helped millions of students and recent grads over the last few years transition from school to work by providing the access to employers and job info they didn't have before.

"We've just launched TalentEgg in the U.S. and one of the traits that defines me as an entrepreneur is to never accept success. We must always strive for more."

Action Plan

- "Seriously consider whether being an entrepreneur is the right path for you. For the right person it's the best job in the world but for the wrong person it could have long term financial consequences."
- "The best time to start a business is when you're young. The risk is lower, your opportunity cost is lower and there's a ton of support out there for young entrepreneurs."
- Ideas are the easy part, execution is everything. I've had countless people say they had the idea and I tell them "It wasn't my idea but it was ME that did it."

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Canada's king of 'za offers a slice of advice

Success in writing. Award-winning businessman Jim Treliving dishes to Metro about Decisions, delivering at work and not over-doughing it

ELIZABETH BEDDALL
life@metronews.ca

Jim Treliving calls a simple visit to a Boston Pizza as a young RCMP officer the "smallest big decision" of his life.

The visit inspired Treliving to open his own Boston Pizza franchise in Penticton, B.C., and to eventually become co-owner of the award-winning business, which boasts more than $1 billion in annual sales.

In his new book Decisions, the Dragon's Den star lets a few of his secrets slip to up-and-coming business folk.

If you could offer one piece of advice to an aspiring entrepreneur, what would it be?

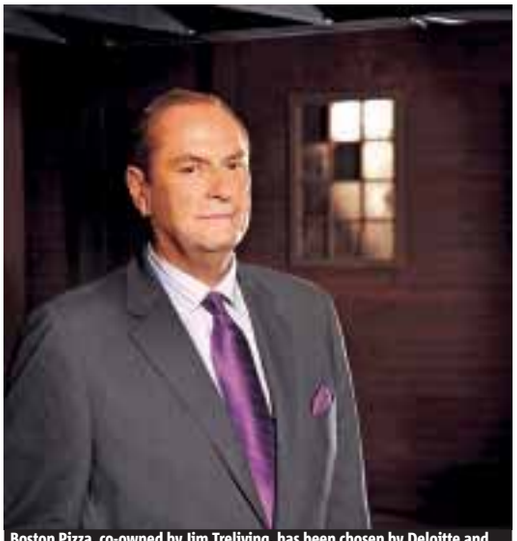
If I can offer just one suggestion to aspiring entrepreneurs it would be: understand the critical financial numbers of your business or find someone you trust who can help to you do that. Too many small entrepreneurs that I meet these days are focused on products, sales and operations without putting the time in to analyze and manage the key financial figures. I was certainly like that when I started the first Boston Pizza franchise many years ago, but luckily for me I quickly found a partner who is an accountant and can understand and manage the financial side of our businesses. Without that key component, even great business ideas will not get off the ground.

Paying it forward

Jim Treliving is donating royalties from his book Decisions to two Canadian charities he says are very important to him.

"The first one is the Centre for Addiction and Mental Health in Toronto. This is an organization that my wife Sandi and I have been personally involved with for some time and we strongly support the important work that they do and we want to help out in any way we can."

"The second charity that will be receiving royalties from the book is the Trans Canada Trail initiative that aims to complete the longest connected recreational infrastructure in the world, linking 34 million Canadians, 1,000 communities and over 23,000 kilometres of urban, rural and wilderness trail."



Boston Pizza, co-owned by Jim Treliving, has been chosen by Deloitte and the National Post as one of the 50 best-managed companies every year since 1994. GREG PAUPST/CBC

Wrong decisions are inevitable in any power position — so what is the best way to bounce back?

You are absolutely right. Wrong decisions do happen and it is important to recognize when they happen and to be prepared to admit when you have made a mistake and make things right. Nobody bats 1,000 on making decisions, so there is no shame is saying "That was a mistake, let's find a way to fix this now". The key is to recognize the problem early and have a plan to address it.

What are, in your opinion, the key reasons Boston Pizza has been recognized as one of Canada's top best-managed companies for over 18 years?

We are very proud that Boston Pizza has been selected to the Platinum Club of Canada's 50 best-managed companies and also recognized as one of Canada's top 10 most admired corporate cultures. These awards come first and foremost because of our financial success. Let's face it, if we did not have a track record of excellent sales growth and successful new restaurant openings, then we would not be considered for any awards, and rightly so. The second reason for me is simple – our people. We have a great management team, an amazing franchise community and almost 20,000 restaurant staff coast-to-coast who represent our brand incredibly well every day.

What is a right decision, and a wrong decision, that one can make when ordering a pizza pie?

Wow, that's a good one! It is hard to go wrong with pizza I guess.

I have a favourite at Boston Pizza called The Great White North with mozzarella, cheddar and smoked ham. I like to order it with fresh sliced tomatoes on top. Yum! I am usually pretty traditional with my pizza toppings but I also like to mix it up occasionally with the new ingredients that we have these days like hot peppers, BBQ chicken and pomodoro sauce. We even have a Szechuan pizza on the menu now! I guess that the only wrong decision that you can make when ordering a pizza is to not order enough. No one wants to see a big fight for that last slice!

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SPORTS 4

Saskatchewan's Sandro DeAngelis kicks the winning field goal in the last seconds of the Banjo Bowl on Sunday at Canad Inns Stadium. JOHN WOODS/THE CANADIAN PRESS

Plucky Willy downs Bombers in Banjo Bowl

CFL. Riders backup QB leaves Winnipeg a hero after coach Burke's decision to forego late field goal

Drew Willy admits he doesn't know the ins and outs of the CFL game, but he stepped up in a big way when given opportunity Sunday.

The Saskatchewan Roughriders' rookie quarterback replaced an injured Darian Durant in the first quarter and put together a winning drive that ended with Sandro DeAngelis' last-play 40-yard field goal in a 25-24 victory over Winnipeg.

The opportunity came about after a questionable Blue Bombers' coaching call and a bad play.

Winnipeg had gone ahead 23-22 with less than three minutes to go after placekicker Justin Palardy connected on a 30-yard field goal, his fifth of the game.

But when the Bombers later got to Saskatchewan's 36-yard line, Winnipeg head coach Tim Burke made the call for Mike Renaud to punt the ball rather than have Palardy try a 43-yard field goal with the wind.

Instead of kicking the ball out of bounds and pinning the Riders deep in their own territory, Renaud's punt went into the end zone for a 56-yard single and 24-22 lead.

Burke, who replaced fired head coach Paul LaPolice on Aug. 25, said he'd take the call back if he could.

"In retrospect, I should have kicked the field goal," Burke said. "It was 42 yards with the wind, I should have just kicked it and I played it too conservative."

The team's former defensive co-ordinator said two things went through his mind at the time.

"I thought our defence was really playing well and I thought if we could pin them down inside the 10, it'd be virtually impossible for them to get it down the field," Burke said.

"Obviously, we didn't get the ball punted out of bounds so that killed us right off the bat."

Saskatchewan then started at its own 35-yard line and Willy tossed a 10-yard pass to Kory Sheets, a 20-yard pass to Brooks Foster and ran 13 yards himself.

DeAngelis then booted his 40-yarder into the wind as time expired to move the Riders' record to 5-5.

Willy said he was surprised the Bombers decided to punt rather than have Palardy go for the field goal.

"I'm kind of new to the CFL. I didn't exactly know what the right play was there, but I thought usually you kick it," the University of Buffalo product said.

"To get a drive like that at the end was awfully fun to be a part of and a lot of guys did some great things out there."

DeAngelis was thankful he got the chance to boot the winner. He also connected from 34 and 23 yards and went wide on a 40-yard attempt for a single. Chris Milo added a punt single.

"I can understand what Tim Burke was thinking, '(The Riders) are going into a stiff breeze, let's give them a long field to work with,"' DeAngelis said.

"So I can understand the reasoning. At that point when they did do that, I knew, 'OK, I have a chance to win this game' because I had a feeling Drew was going to be able to drive the field."

THE CANADIAN PRESS

Quoted

"For myself, I thought the offence competed for four quarters and we were glad to see our fans backing us for four quarters."

Bombers quarterback Joey Elliot

Out of nowhere

Prior to the game, Drew Willy was 15-of-18 passing for 154 yards in three appearances.

- He finished Sunday's contest 17 of 23 for 188 yards with one interception and a 33-yard TD pass to running back Kory Sheets.
- Darian Durant said after the game he suffered a hip flexor injury and wasn't sure if he'd be ready to play in Montreal next Sunday.

THE CANADIAN PRESS

Mobile sports

Alex Zanardi has had plenty to celebrate at the Paralympics after winning two gold medals in paracycling. And as the Paralympics came to a close on Sunday night, the former Formula One driver who lost his legs in a horrific 2001 crash had a chance to reflect on 'the process' of becoming a champion again. Scan the code for the story.

NFL

Jets jump all over Bills in opener

One touchdown after another, the New York Jets eased all those pre-season concerns about their low-scoring offence.

With a whole lot of Mark Sanchez, a sprinkling of Tim Tebow and a dominant first-half effort by the defence, New York manhandled the Buffalo Bills, routing their AFC East rivals 48-28 in the season opener Sunday.

Rex Ryan passed on a chance to say, "We told you so" to all of his team's critics and doubters. So did Sanchez, and Tebow, too.

"Vindication, chip on our shoulder, maybe that's not the right things," Ryan said. "We were just excited to play." THE ASSOCIATED PRESS

Mark Sanchez, left, and Tim Tebow celebrate on Sunday in East Rutherford, N.J. GETTY IMAGES

Golf

McIlroy continues to dominate field

Rory McIlroy beat the strongest leaderboard in golf this year Sunday in the BMW Championship and joined some elite company.

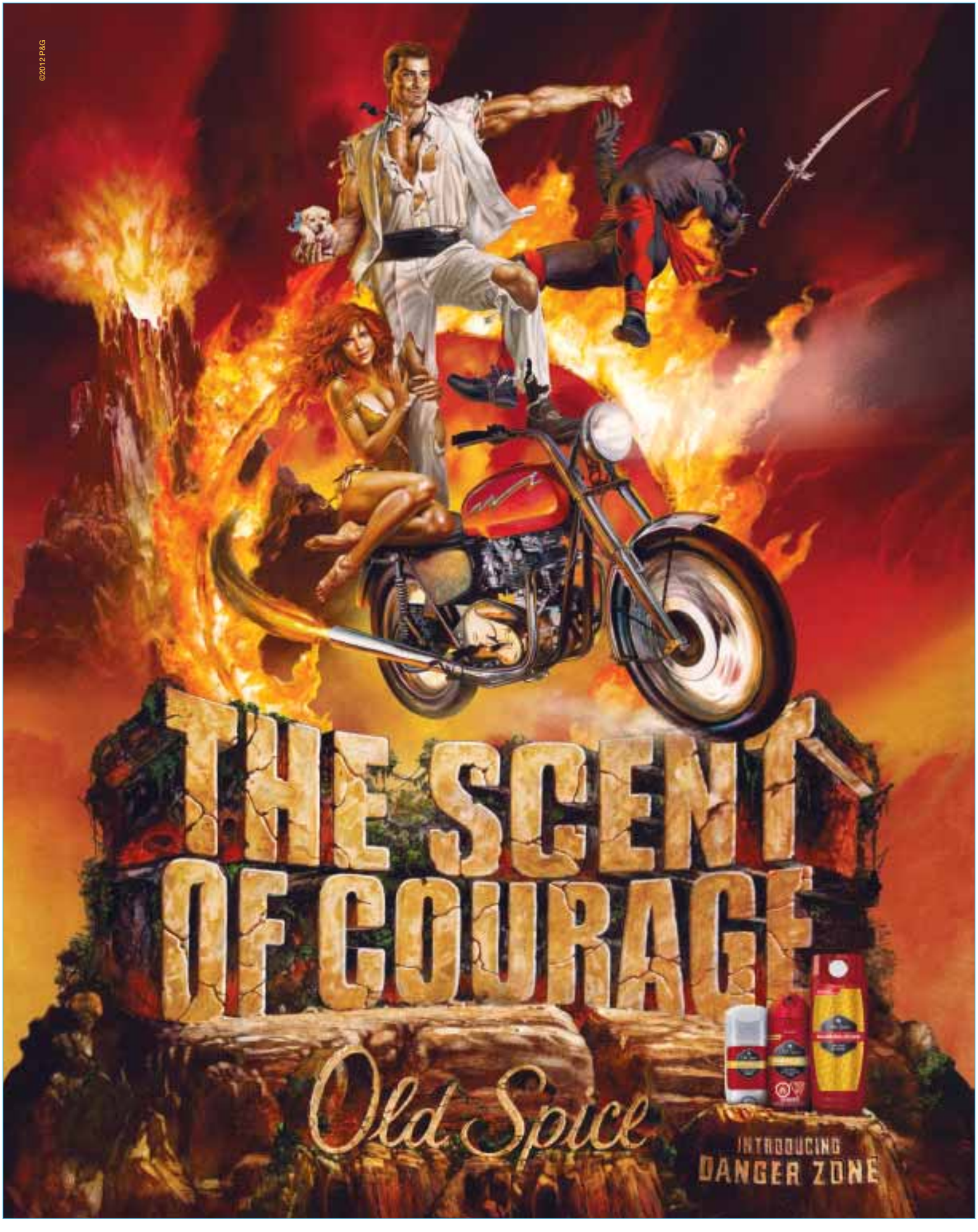
McIlroy made back-to-back birdies around the turn to seize control at Crooked Stick in Carmel, Ind. He closed with a 5-under 67 for a two-shot win over Phil Mickelson and Lee Westwood.

McIlroy became the first player since Tiger Woods in 2009 to win in consecutive weeks on the PGA Tour, and with his sixth career win joined Woods and Jack Nicklaus as the only players to win at least six times at age 23. THE ASSOCIATED PRESS

Tennis

"Won the US Open Jr title today! 6-2 2-6 7-5. So happy to finish my junior career this way. This week has definitely been #beastmode."

Vancouver's Filip Peliwo, who took to Twitter after beating Britain's Liam Broady 6-2, 2-6, 7-5 in the boys' final at the U.S. Open on Sunday. Peliwo ended his junior career at Flushing Meadows by winning his second junior Grand Slam title of 2012.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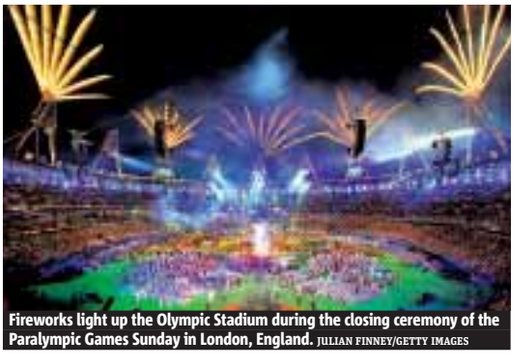
Canadian athletes soaked up spotlight in London

Paralympics. Ticket sales, TV ratings and anecdotes show London embraced Games



Fireworks light up the Olympic Stadium during the closing ceremony of the Paralympic Games Sunday in London, England. JULIAN FINNEY/GETTY IMAGES

Canada's athletes feel Paralympic sport hit a new level of recognition and respect in London.

Whether that spotlight extends to Canada when they go home after Sunday's closing ceremonies of the Paralympic Games is debatable.

But the Canadians have enjoyed their status as the top show in London. And that's with the Premier League soccer season opening just prior to the Games.

Ticket sales, television ratings and anecdotal information from the athletes themselves indicate the host city embraced the Paralympic Games like none before it.

The 80,000-seat Olympic Stadium was full for track and field finals. The velodrome was ear-splitting, particularly when a British cyclist was on the track. The swimming pool stands had people in them all the way to the top row.

"What's new about these Games is the popularity of the events," four-time Paralympic swimmer Benoit Huot said. "Sold out for heats, sold out for finals.

"We've never seen that. In Sydney, Athens and Beijing, in the heats it wasn't sold out. There were people, but it was mostly summer camps or kids from schools. Here, it's public that bought tickets and that's a first."

The Paralympics gave Londoners an opportunity to soak up more high-calibre athletics after the Olympic Games. The Paralympic movement already had traction in Britain because the country is considered the birthplace of the Games.

THE CANADIAN PRESS

Quoted

"It's been a great journey, my fourth Games. I'm really proud of what I've done here in London."

Montreal swimmer Benoit Huot, who carried the Canadian flag as part of the closing ceremony. Huot won three medals in the pool in London — a gold, silver and bronze.

Medals

- The stated objective of a top-eight finish in gold medals won at the 2012 Paralympic Games proved too ambitious for Canada.
- Seven gold medals was well below the 19 won four years ago in Beijing. Canada ranked 20th among 166 countries with 31 total medals.

Serena summons clutch strength in U.S. Open final

Finally tested, even trailing, at the U.S. Open, Serena Williams turned things around just in time. Two points from defeat, Williams suddenly regained her composure and her game, coming back to win the last four games and beat No. 1-ranked Victoria Azarenka 6-2, 2-6, 7-5 on Sunday night for her fourth championship at Flushing Meadows and 15th Grand Slam title overall. AL BELLO/GETTY IMAGES

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Horoscopes

♈ Aries
March 21 - April 20
Go easy on yourself this week, especially on the work front where not only are you being ridiculously ambitious but others are expecting you to work yourself into the ground. Your health must always come first.

♉ Taurus
April 21 - May 21
All types of relationships will go well for you now but affairs of the heart will go best of all, so stop worrying that a certain person does not like you as much as you like them – it isn't true.

♊ Gemini
May 22 - June 21
Family matters of all kinds will go better now with both the Sun and Mercury, your ruler, moving through the domestic area of your chart. They will go better still if you forgive those who have let you down.

♋ Cancer
June 22 - July 23
You will need to make allowances over the next few days for those who cannot think or act as fast as you. Stay calm and don't let little things annoy you. Mental, emotional and physical relaxation is a must.

♌ Leo
July 24 - Aug. 23
Make sure you get what you deserve, both emotionally and financially. Others will happily give you less than they should if they think they can get away with it, so you must stand up for yourself.

♍ Virgo
Aug. 24 - Sept. 23
Your life is about to take a turn for the better. Few things will faze you this week and even fewer will have a negative effect on your affairs. Your luck will improve and your attitude will improve even more.

♎ Libra
Sept. 24 - Oct. 23
The more you put other people first now the more you will gain personally – it's one of those proverbial win-win situations. It's always what you do one-to-one that changes the world for the better.

♏ Scorpio
Oct. 24 - Nov. 22
Get out and about today because the more you mix the more likely it is you will meet someone who changes your life for the better. Group activities of all kinds are well starred over the next few days.

♐ Sagittarius
Nov. 23 - Dec. 21
Before you start something new make sure it is what you really want to be doing. All too often you begin new projects in a burst of enthusiasm only to lose interest later. Only do what you are passionate about.

♑ Capricorn
Dec. 22 - Jan. 20
No matter how challenging events may be you will take it in your stride and your calm behavior will inspire those around you, both at home and at work. If only everyone could be as composed as you.

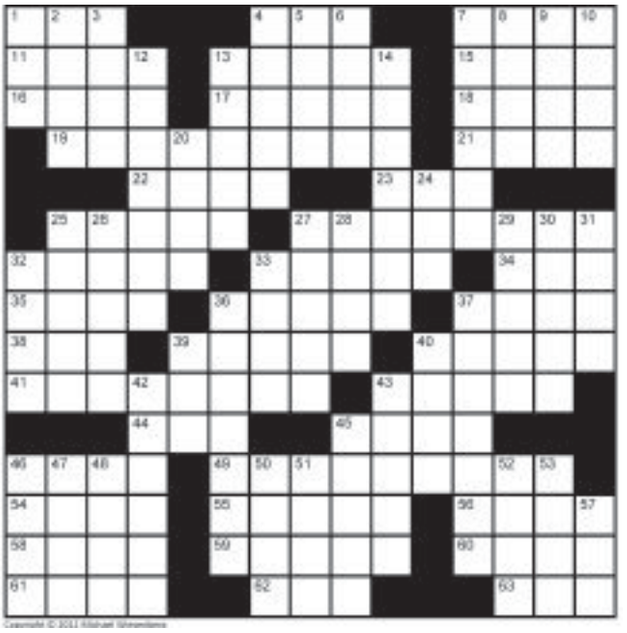
♒ Aquarius
Jan. 21 - Feb. 19
Happiness is a state of mind and at the moment your state of mind is being disrupted by worries about your money situation. The new moon on the 16th will resolve matters in your favor. Until then, relax.

♓ Pisces
Feb. 20 - March 20
Recent suspicions about people you live or work with will be swept away over the next 24 hours and you may be a bit embarrassed by your negative attitude. Never mind – no one got hurt.

SALLY BROMPTON

Crossword: (Mount St. Elias Is the Second-Highest)

BY MICHAEL WIESENBERG



Across
1. "Beg pardon?"
4. Greek X
7. Daily dosages, casually
11. Guitarist Clapton
13. Brag
15. Shrinking inland sea that forms part of the border between Kazakhstan and Uzbekistan
16. Ancient civilization of the Yucatán
17. Unctuous David Copperfield character ___ Heep
18. World's longest river
19. Guy ___: Québec-born Cirque du Soleil founder, billionaire, International Space Station visitor, and high-stakes poker player
21. Accomplishment
22. Top Olympic medal
23. Exist
25. Carpentry smoother
27. Added up
32. Anjou, Bosc, and Bartlett
33. Prince who's third in line for the UK crown
34. Adam's mate
35. "Give it ___!": "Taste this!" (2 wds.)
36. Mountain ___: The Rockies or Cascades
37. Poker player's response to "Do you want a hand?" (2 wds.)
38. Lord of the Rings actress Tyler (Aerosmith's Steven Tyler's daughter)
39. Liberal ___
40. Crouch
41. Annual 12-Down event
43. Absorb facts
44. Approved
45. Apple covering
46. "Mon ___!": French mild oath
49. Toronto CFL team
54. Pastoral poem
55. Mars or Venus
56. Poker player's reply to "How'd you do?" after a successful session (2 wds.)
58. Encounter
59. Christmases
60. Dickens' A ___ of Two Cities
61. Backtalk
62. Classic British sports cars
63. Distribute seeds

Down
1. Bottom seam
2. Russian mountain range or river
3. Breezy greeting
4. Hollowed out, as an apple
5. Ponytail material
6. "The hour ___ hand": (2 wds.)
7. Ontario-born Howie of Deal or No Deal
8. Great Lake
9. Broad lowland
10. Winter conveyance
12. Alberta's largest city
13. BC-born pop singer Michael
14. IMAX ___
20. Accelerator particles
24. Sunbeam
25. Small: Fr.
26. Cocoon spinner
27. Aunt: Fr.
28. Bacchanal
29. Madagascar tree climber
30. Perrier or Aquafina competitor
31. Minor automobile accident result
32. Buddies
33. Difficult
36. Edmonton-born actress ___ Chong (Tommy's daughter) (2 wds.)
37. Nunavut capital
39. Walther ___: Bond's gun
40. "I ___ bad moon rising" (2 wds.)
42. Sheds feathers
43. Gives money (to)
45. Canvasses
46. Darkens
47. Thought
48. "I Only Have ___ for You"
50. Apartment division
51. Allman or Lake of rock
52. "___ the night before Christmas ..."
53. Alone
57. Just put on the market

Friday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	7		1		8		4	
	2	1	3		4	9	5	
7			8		5			4
		6	9		2	5		
4			6		7			2
	8	5	2		6	4	1	
	1		7		3		6	

Friday's Sudoku

Weather

MONDAY	TUESDAY	WEDNESDAY
MAX: 25° MIN: 9°	MAX: 22° MIN: 13°	MAX: 24° MIN: 16°

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